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Slow cooker pepper steak

SLOW COOKER PEPPER STEAK

| Servings | Prep Time | Cook Time | Total |
|----------|-----------|-----------|----------------|
| 6-8 | 15 min | 6 hours | 6 hours 15 min |

Ingredients:

- 3 lbs flank steak
- 1/2 cup corn starch
- 3 tbsp olive oil
- 2 cloves garlic, minced
- 1 1/2 cups soy sauce
- 1 1/2 cups water
- 1 cup brown sugar
- 2 medium onions, sliced
- 2 green peppers, sliced
- 2 red peppers, sliced

Directions:

1. Cut the flank steak into thin strips and place them in a large ziplock bag.
2. Add the corn starch to the bag, seal it, and shake well to coat the steak evenly.
3. Heat the olive oil in a large skillet over medium-high heat. Add the coated steak to the skillet and brown it on all sides, stirring occasionally. This should take about 5 minutes.
4. In a separate bowl, mix together the minced garlic, soy sauce, water, and brown sugar until well combined.
5. Transfer the browned steak to a slow cooker and pour the sauce over it. Cover the slow cooker and cook on low heat for 6 hours.
6. After 4 1/2 hours, add the sliced onions, green peppers, and red peppers to the slow cooker. Mix well to combine the ingredients.
7. Cover the slow cooker and continue cooking for an additional 1 1/2 hours, until the vegetables are tender and the steak is fully cooked.
8. Serve over steamed rice, spaghetti noodles, steamed veggies or quinoa.

Cook Notes:

- To save time, you can prep the steak and vegetables the night before and store them in the refrigerator until you're ready to cook.
- For a spicier version of this dish, add some red pepper flakes or a few dashes of hot sauce to the sauce mixture.

- If you prefer your vegetables to be more crunchy, add them to the slow cooker during the last 30 minutes of cooking instead of the last 1 1/2 hours.
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